

IN THE CLAIMS

Clean copy of amended claims

30 Please enter the amended claims as follows:

Please cancel claims 27 to 48.

Please add new claims as follows:

49. The exercising device of claim 1 wherein said first loop is formed by a first knot;
an elongated second element attached to said first loop by said first knot.
50. The exercising device of claim 1 wherein said first loop is formed by a first knot;
an elongated second element attached to said first loop by said first knot and a second
knot.
51. The exercise device of claim 1 which further includes: a loop forming device for forming
said first loop from a portion of said first elongated element;
the distance between said first loop forming device and said handle is less
than about 2.5 inches; and
the distance from the bottom of said handle and the furthestmost point of said
first elongated element is between 10 and 24 inches.
52. The exercise device of claim 1 wherein said first loop is formed by attaching a first portion
of said elongated first element to a second portion of said elongated first element;
said first unit further comprises an elongated second element attached to said
first loop at two places;
said first loop and said second elongated element at least partially covered by

a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

53. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;

said units each comprised of: a handle, an elongated first element attached to said handle, and said elongated first element has at least a first loop; said first loop formed by a first loop forming device;

an elongated second element attached directly or indirectly to: (i) said handle, (ii) said first loop, (iii) said first loop forming device, or (iv) said elongated first element.

54. The exercise device of claim 53 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

55. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;

said first loop forming device and said second loop forming device located at about opposite sides of said first loop.

56. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device; said first and said second loop forming devices are knots;

said first loop forming device and said second loop forming device are located at about opposite sides of said first loop.

57. The exercise device of claim 53 which further includes said elongated second element attached to said first loop by said first loop forming device and a second loop forming device;

said first loop forming device is a knot; said second loop forming device is a knot;

said first loop forming device and said second loop forming device located at about opposite sides of said first loop;

the distance between said first loop forming device and said handle is less than about 2.5 inches; and

the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.

58. The exercise device of claim 53 wherein said first loop and said second elongated element at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

59. The exercise device of claim 53 wherein said elongated first element is comprised of two or more cords.

60. An exercising device that is held and rotated in use comprised of two units; each unit to be held in a hand of a user;

said units each comprised of: a handle, a first chord attached to said handle, a first loop formed by attaching a first section of said first chord to a second section of said first chord using a first loop forming device; said first loop forming device is a first knot;

a second elongated element attached to said first loop by said first knot and a second knot; said second elongated element is comprised of said first chord.

61. The exercise device of claim 60 wherein said second elongated element is attached said first loop by said first knot and a second knot; said first knot is a bowline knot;

said first knot and said second knot located at about opposite sides of said first loop.

62. The exercise device of claim 60 wherein said first loop and said second elongated element are at least partially covered by a tubular element; said tubular element maintains a spread-open "U" shape at the end of said first loop.

63. The exercise device of claim 60 wherein the distance between said first loop forming device and said handle is less than about 2.5 inches; and
the distance from the bottom of the handle and the furthestmost point of said first elongated element is between 10 and 24 inches.